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FUNDED BY:





EVENTS AND ACTIVITIES JAN-APR 2025

NEWS,

YOUNG CARERS AND YOUNG ADULT CARERS AGED 5-25 YEARS OLD

We support children and young people whose lives are affected by caring for someone at home.



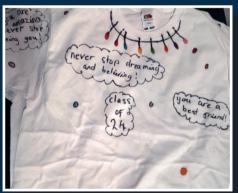
SHOUT OUT TO YOUNG CARERS! SCAN TO TELL US HOW WE'RE DOING AND TO ENTER A PRIZE DRAW.



# NEWS & INFO

## TRANSITION TO SECONDARY SCHOOL WORKSHOP

We had an amazing workshop at Flash Climbing Centre, where we supported our young carers transitioning to secondary school this September. They got creative by designing their own t-shirts



to express their experiences, then burned off some energy on the climbing walls. We hope everyone had a fantastic start to secondary school!

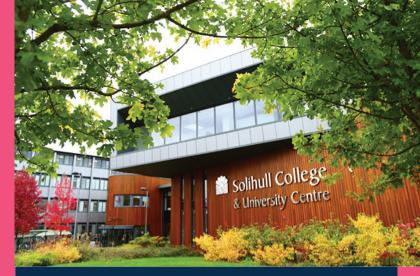
## **AUTISM WORKSHOP**



Young Carers had the opportunity to talk about their experience caring for someone with Autism. They engaged in a workshop to share their understanding of this condition and were able to ask questions in a safe environment. This involved a quiz, group discussions, watching a video, participating

in tasks and designing an information poster. During the afternoon, the group had some fun climbing a wall and making memories with new peers.





### YOUNG ADULT CARERS DROP-IN SESSIONS

If you are a young adult carer studying at Solihull College or Solihull Sixth Form, be sure to look out for the upcoming drop-in sessions. Rebecca Froggatt, our dedicated support worker will be available on-site to chat with you. Whether you are facing challenges with your studies, social life, or any aspect of your caring responsibilities, Rebecca is here to help.

If you would like to receive a text reminder about these sessions — request this by emailing:

YOUNGCARERS@SOLIHULLCARERS.ORG

### SUPPORT FOR PARENT CARERS

It is great to be out in the community connecting with new parent carers and sharing a range of support available, including Parent Carer Assessments, support plans, information, advice, emotional support, activities and training.

We are grateful to be able to work together with Solihull Parent Carer Voice and for their continued support and look forward to offering parent carer support and drop-ins at the Solihull Family Hubs.





# PEER MENTORING SUCCESS

Mentoring sessions are back after the summer break. A parent explains how the sessions helped her daughter:

It gave Molly\* the confidence to interact with unfamiliar people and help her learn to engage in conversation. Molly has since been confirmed to have Autism and struggle socially. She has started senior school in September and I believe the mentoring helped build her confidence so she could apply this in her new school.

For more information about mentoring contact: EMAIL Ruth.Geoghegan@solihullcarers.org MOBILE 07514 495761

\*Not real name.

## YOUNG CARERS HAVE RIGHTS!

Did you know you have rights by law as a young carer and we are here to help you understand what those rights are and what steps to take if they are not being followed. They include a right to be safe, a family life, be supported and more.

This page shows young carers rights in their own words. Printed versions of these will be available to young carers. For now, you can download these from our website using the link or QR code below:

https://solihullcarers. org/carers-rights-day-2024/#downloadpostcards







## **DO YOU HAVE A CHILD WITH** A DIAGNOSED DISABILITY OR ADDITIONAL NEED?

If 'yes' then you can get support for yourself too, by having your own assessment! This is a chance to talk about YOUR health. <image>



# YOUNG CARER SUPPORT WORK WHO IS A CARER?

feelings, goals and more. Over the last three months 100% of parents who have had an assessment have rated their experience as good or excellent. By registering for your assessment, you will receive your own carer's card, access to events & activities and a dedicated duty advice line, amongst other services.

#### **GET IN TOUCH NOW!**



Call us or use the QR Code or link to request a parent carer assessment: https://solihullcarers.wufoo.com/forms/g5alez1beb49g/ Do you assist someone with daily tasks such a dressing, mobility, communication or managing medication?

If you provide any of this support, you may be a young carer.

# Do you find yourself feeling responsible for their wellbeing or stepping in when they need help?

If so, we encourage you to reach out to us. We're here to offer the guidance and support you need in your important role as a carer.

#### Solihull

will...

# THAT THERE ARE PROMISES MADE TO YOU?

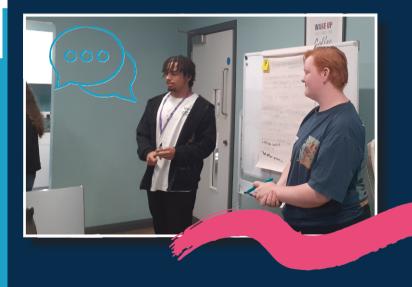
In Solihull, there is a Young Carers Promise which lists all the things Solihull Council aim to do for young carers living here. This includes making sure you receive an assessment and get the support you need, while ensuring that you are seen, and your voice is heard. We want to check the promises listed are still what young carers want.

Join Young Carers Action Day activities to help us to do this. Activities are taking place on 12 March at the Colebrook Centre. See the March activities page of this document.

## PEER MENTORS NEEDED!

Are you a young carer interested in becoming a peer mentor and supporting other young carers aged 5-13? We are looking for more peer mentors, especially in the North Solihull area. If you are between 13-17 years old and you would like to join our mentoring team, please contact Ruth below:

#### EMAIL RUTH.GEOGHEGAN@SOLIHULLCARERS.ORG MOBILE 07514 495761



# **EVENTS & ACTIVITIES**



#### Club Drop-in PRIMARY SCHOOL AGE 5+ THURS 2 JAN 5.15PM-7.00PM

Meet up with other young carers, have fun, play games, join in with activities or just chill out. **Optional** Cooking / Sports **VENUE** Hatchford Brook Family Hub, Old Lode Lane, Elmdon, Solihull B92 8JE

#### Club Drop-in SECONDARY SCHOOL AGE THURS 2 JAN 7.15PM-9.00PM

Meet up with other young carers, have fun, play games, join in with activities or just chill out. **Optional** Cooking / Sports **VENUE** Hatchford Brook Family Hub, Old Lode Lane, Elmdon, Solihull B92 8JE

#### Club Drop-in PRIMARY SCHOOL AGE 5+ WEDS 8 JAN 5.15PM-7.00PM

Meet up with other young carers, have fun, play games, join in with activities or just chill out.

**Optional** Cooking / Sports

**VENUE** Colebrook Centre, 291 Bosworth Drive, Chelmsley Wood B37 5DP

#### Club Drop-in SECONDARY SCHOOL AGE WEDS 8 JAN 7.15PM-9.00PM

Meet up with other young Carers, have fun, play games, join in with activities or just chill out. **Optional** Cooking / Sports

**VENUE** Colebrook Centre, 291 Bosworth Drive, Chelmsley Wood B37 5DP

#### Young Adult Carers Club Drop-in 16-25 YEARS SAT 18 JAN 1.00PM-4.00PM

Meet up with other young adult carers and eat out – at no cost to you.

**VENUE** Meeting point is at Carers Trust Solihull, Fire Station, Solihull B911QY



# **JAN 2025 JAN 2025**



#### Club Drop-in PRIMARY SCHOOL AGE 5+ THURS 6 FEB 5.15PM-7.00PM

Meet other young carers, have fun, play games, join in with activities or just chill out.

**Optional** Cooking / Sports **VENUE** Hatchford Brook Family Hub, Old Lode Lane, Elmdon, Solihull B92 8JE

#### Club Drop-in SECONDARY SCHOOL AGE THURS 6 FEB 7.15PM-9.00PM

Meet other young carers, have fun, play games, join in with activities or just chill out.

**Optional** Cooking / Sports **VENUE** Hatchford Brook Family Hub, Old Lode Lane, Elmdon, Solihull B92 8JE

#### Club Drop-in PRIMARY SCHOOL AGE 5+ WEDS 12 FEB 5.15PM-7.00PM

Meet other young carers, have fun, play games, join in with activities or just chill out.

**Optional** Cooking / Sports **VENUE** Colebrook Centre, 291 Bosworth Drive, Chelmsley Wood B37 5DP

#### Club Drop-in SECONDARY SCHOOL AGE WEDS 12 FEB 7.15PM-9.00PM

Meet up with other young carers, have fun, play games, joint in with activities or just chill out.

**Optional** Cooking / Sports **VENUE** Colebrook Centre, 291 Bosworth Drive, Chelmsley Wood B37 5DP



Young Adult Carers Club Drop-in 16-25 YEARS SAT 15 FEB 1.00PM-4.00PM Meet with other young adult carers and eat out – at no cost to you.

**VENUE** Meeting point is at Carers Trust Solihull, Fire Station, Solihull B911QY

Group Support Workshop -Young Adult Carers CV Writing 16-25 YEARS TUES 18 FEB 11.00AM-3.00PM Help to make your CV look good - with lunch. VENUE TBC

# FEB 2025 FEB 2025 F

#### Inflatable Park PRIMARY SCHOOL AGE 8-11 YEARS

#### WEDS 19 FEB 11.00AM-4.00PM

Are you ready for some nonstop bouncing fun? Then come along and join us at Inflatanation!

**VENUE** Inflatable Park, Birmingham B33 9AN

#### Play Lane PRIMARY SCHOOL AGE 5-7 YEARS

THURS 20 FEB 11.00AM-1.00PM

Learn through play! Have lots of fun at Play Lane where your child will learn about the world in a fun, interactive and imaginative way.

**VENUE** Play Lane, Solihull B91 3BG

#### Flash Climbing SECONDARY SCHOOL AGE 12-15 YEARS

#### FRI 21 FEB 11.00AM-4.00PM

Reach new heights at the Flash Climbing Centre! Whether you already have experience or you are new to climbing, you will learn skills and have fun. **VENUE** Flash Climbing, Solihull B91 2JY

#### Bowling

YOUNG ADULT CARERS 16-25 YEARS

#### SAT 22 FEB 1.00PM-4.00PM IT'S BOWLING O'CLOCK! If

Bowling is right up your alley, come along and make some fun filled memories by attending our bowling session.

**VENUE** Resorts World, Birmingham, B40 1PU



#### **Club Drop-in PRIMARY SCHOOL AGE 5+ THURS 6 MAR 5.15PM-7.00PM**

Meet up with other young carers, have fun, play games, join in with activities or just chill out. **Optional** Cooking / Sports **VENUE** Hatchford Brook Family Hub, Old Lode Lane, Elmdon, Solihull B92 8JE

#### **Club Drop-in SECONDARY SCHOOL AGE** THURS 6 MAR 7.15PM-9.00PM

Meet up with other young carers, have fun, play games, join in with activities or just chill out. **Optional** Cooking / Sports **VENUE** Hatchford Brook Family Hub, Old Lode Lane, Elmdon, Solihull B92 8JE





#### **Club Drop-in – Action Day** Celebration **PRIMARY SCHOOL AGE 5+**

#### WEDS 12 MAR 5.15PM-7.00PM

Join us to celebrate with wild science / animals and face painting.

VENUE Colebrook Centre, 291 Bosworth Drive, Chelmsley Wood **B37 5DP** 

#### **Club Drop-in – Action Day** Celebration

#### **SECONDARY SCHOOLAGE** WEDS 12 MAR 7.15PM-9.00PM

Join us to celebrate with wild science / animals and a close-up magician.

**VENUE** Colebrook Centre, 291 Bosworth Drive, Chelmsley Wood **B37 5DP** 

#### Young Adult Carers Club Drop-in **16-25 YEARS**

#### SAT 15 MARCH 1.00PM-4.00PM

Celebrate Action Day! We will be revisiting the promise! Meet with other young adult carers and eat at no cost to vou.

**VENUE** Meeting point is at Carers Trust Solihull, Fire Station, Solihull B9110Y

#### **Decision Making Group PRIMARY SCHOOL AGE 8-11** YEARS

**THURS 20 MARCH** 5.30PM-6.30PM

Help make decisions about our service such as choosing activities, helping with design work, being the voice of other young carers and more and get £10 gift voucher for participation. **VENUE** Zoom

#### **Decision Making Group SECONDARY SCHOOL AGE 11-16 YEARS**

#### **THURS 20 MARCH** 6.45PM-7.45PM



Help make decisions about our service such as choosingactivities, helping with design work, being the voice of other young carers and more and get £10 gift voucher for participation. **VENUE** Zoom

#### **Decision Making Group**

**16-25 YEARS** 

**THURS 20 MARCH** 8.00PM-9.00PM



Help make decisions about our service such as choosing activities, helping with design work, being the voice of other young carers and more and get £10 gift voucher for participation. **VENUE** Zoom

#### Club Drop-in PRIMARY SCHOOL AGE 5+ THURS 3 APRIL 5.15PM-7.00PM

Meet up with other young carers, have fun, play games, join in with activities or just chill out.

**Optional** Cooking / Sports **VENUE** Hatchford Brook Family Hub, Old Lode Lane, Elmdon, Solihull B92 8JE

#### Club Drop-in SECONDARY SCHOOL AGE THURS 3 APRIL 7.15PM-9.00PM

Meet up with other young carers, have fun, play games, join in with activities or just chill out.

**Optional** Cooking / Sports **VENUE** Hatchford Brook Family Hub, Old Lode Lane, Elmdon, Solihull B92 8JE

#### Club Drop-in PRIMARY SCHOOL AGE 5+ WEDS 9 APRIL 5.15PM-7.00PM

Meet up with other young carers, have fun, play games, join in with activities or just chill out.

**Optional** Cooking / Sports **VENUE** Colebrook Centre, 291 Bosworth Drive, Chelmsley Wood B37 5DP

#### Club Drop-in SECONDARY SCHOOL AGE WEDS 9 APRIL 7.15PM-9.00PM

Meet up with other young carers, have fun, play games, join in with activities or just chill out.

Optional Cooking / Sports VENUE Colebrook Centre, 291 Bosworth Drive, Chelmsley Wood B37 5DP

#### Ash End Farm PRIMARY SCHOOL AGE 8-11YEARS

#### MON 14 APRIL 11.00AM-4.00PM

Make playful farm memories by enjoying a day out at the farm, meeting animals, going on a tractor ride and much more! **VENUE** Ash End Farm, Tamworth, B78 2BL 10Y Group Support Work Annual Activity ALL AGES 8+ TUES 15 APRIL 11.00AM-4.00PM Come along to our annual Group

Support Work Activity.

Cooking Workshop ALL AGES 8+ WEDS 16 APRIL 11.30AM-3.30PM

Come along and learn some new cooking skills at our health eating workshop. **VENUE** Liberty in the Wild, Solihull B94 5AE Young Adult Carers Club Drop-in YOUNG ADULT CARERS 16-25 YEARS SAT 19 APRIL 1.00PM-4.00PM Meet with other young adult carers and eat - at no cost to you. VENUE Meeting point is at

Carers Trust Solihull, Fire Station, Solihull B911QY

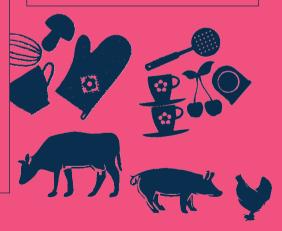
Trampoline Park SECONDARY SCHOOL AGE 12-15YS WEDS 23 APRIL 11.00AM-4.00PM BOUNCE, LAUGH, REPEAT! Enjoy a fun filled day at the trampoline park. Let the good times bounce! VENUE Rush Trampoline Park, Birmingham, B30 3DZ

#### Sheldon Country Park & Farm PRIMARY SCHOOL AGE 5-7 YEARS

#### THURS 24 APRIL 1.00PM-3.00PM

Join us for an Easter egg hunt in the park! Search for eggs, play on the playground and watch aeroplanes zoom overhead. We are so EGG-cited for the hunt!

**VENUE** Sheldon Country Park



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Solihull

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CARERS

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**Carers Trust Solihull** Solihull Fire Station Annexe 620 Streetsbrook Road Solihull B911QY

T 0121 788 1143 E youngcarers@solihullcarers.org W www.solihullcarers.org

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# **REGISTER HERE** www.solihullcarers.org/whats-on

THAT SUIT YOU

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